



REGIONAL PARKS OUTDOOR ACTIVITIES SONOMA COUNTY

2018 FALL

GARDEN STEWARDS

First and Third Saturdays of the Month • 10AM-2PM

Maddux Ranch Regional Park - Larkfield Community Garden & Learning Center 

Community Soil Foundation Staff

Enjoy the harvest season and get your hands dirty! Bring your family to build a healthy community together at our volunteer workdays. The first Saturdays focus on land stewardship, and the third Saturdays focus on biodynamic gardening.

Info.: info@communitysoil.org or communitysoil.org

NUESTROS PARQUES

Saturday, September 1 • 10AM-1PM
Gualala Point Regional Park

Irma Cuevas

Fun adventures in Spanish for the whole family! Explore different nature and cultural themes on a 2-3 mile walk, and then enjoy a potluck lunch together. Please bring your own plates, utensils, and a healthy lunch dish to share.

September 1 - Gualala Point Regional Park

October 6 - North Sonoma Mountain Regional Park

November 3 - Taylor Mountain Regional Park - Petaluma Hill Entrance

Info.: (707) 565-7888

TIDE POOL TALK

Saturdays, September 1 & November 3 11AM-12PM

Doran Regional Park  

Kristina Stanton

Sea stars, hermit crabs, sea anemones, and more! What will you see? Join a park naturalist for hands-on creature fun exploring the animals found in our local tide pools. Meet at the amphitheater behind the Jetty Campground restrooms.

Info.: (707) 539-2865



ART IN THE PARK

Sunday, September 2 • 1-3:30PM

Foothill Regional Park 

Alexis Puerto-Holmes

Calling all artists of all levels! Meet your community while enjoying a setting that will truly inspire. We will set up picnic style with large tarps beside a pond. Limited art supplies are available. Bring your own lawn chair.

Info.: (707) 565-1246

SENIOR SAUNTERS

Tuesday, September 4 • 10-11:30AM

Laguna de Santa Rosa Trail 

Shelly Spriggs & Gilbert Fleming

Enjoy leisurely walks with friendly, older adults. Explore plant and animal life, swap stories, and take a gentle 2-mile stroll along some of the county's most accessible trails. All abilities are welcome!

September 4 • 10-11:30AM

Laguna de Santa Rosa Trail 

September 13 • 4-5:30PM

Bird Walk Coastal Trail  

October 2 • 10-11:30AM

Crane Creek Regional Park  

November 6 • 10-11:30AM

Foothill Regional Park  

Info.: (707) 483-0940

For all activities, please wear appropriate attire for the weather, and bring water and a snack. Unless noted, activities are free and registration is not required. If registration is required, please go to the activity calendar at sonomacountyparks.org. Scholarships may be available for fee-based programs. Accommodations will be made for visitors with disabilities upon advance request. Heavy rainfall will cancel the outing, but most programs are rain or shine.

LEGEND

 **Parking Fee May Apply**

 **Wheelchair Accessible**

 **Healthy Parks, Healthy People**

Visit sonomacountyparks.org for more outdoor activities.

ENVIRONMENTAL DISCOVERY CENTER DROP-IN

**Every Wednesday-Sunday
September-November • 12-5PM**

**Spring Lake Regional Park -
Environmental Discovery Center**  

Regional Parks Staff

Looking for family fun for all ages? Visit us at the Environmental Discovery Center. Learn about animals' homes and experience life as a squirrel in our "treehouse." Enjoy hands-on, interactive exhibits, and live local animals.

Info.: (707) 539-2865

SUGAR-HOOD SHUTTLE

**Saturdays & Sundays, September 8 & 9,
October 13 & 14 • 8-11AM**

**Hood Mountain - Los Alamos/
Sugarloaf State Park** 

Team Sugarloaf

Do you want to do a through hike from Hood Mountain to Sugarloaf or vice versa? Ride the Sugar-Hood Shuttle. Shuttles leave Hood Mountain's Los Alamos parking lot at 9AM & 11AM and Sugarloaf's main day use lot at 8AM & 10AM. Riding first and hiking back to your car is the easiest way- no worries about how long you take to finish your adventure.

Suggested donation: \$10

Registration Required: sugarloafpark.org

Info.: (707) 833-5712 or sugarloafpark.org



SPRING LAKE WATER BARK

**Saturdays, September 8, 22, & 29
Sundays, September 9, 16, 23, & 30
9AM-5PM**

**Spring Lake Regional Park -
Swim Lagoon**  

Regional Parks Foundation Staff

The Spring Lake Water Bark returns this fall where dogs are not only allowed, but encouraged at the lagoon for off-leash swimming and romping. This is a fundraiser for the Sonoma County Regional Parks Foundation, which raises money for more than 50 dog-friendly parks and trails in the Sonoma County Regional Parks system. There will be no Water Bark on Saturday, September 15.

*Fee: \$7/dog for non-members & \$5/
dog for members; \$30/dog season
pass; tickets available at the gate or at
2018waterbark.brownpapertickets.com*

Info.: (707) 565-2041

BACK TO SCHOOL AT FORT ROSS SCHOOLHOUSE

Saturday, September 8 • 2-4PM
Stillwater Cove Regional Park 

Marcia Munson

Imagine what education was like a century ago for students and teachers at Fort Ross School as we hike a mile along the old coastal wagon road to this one-room schoolhouse. Be prepared for steep uphill and downhill hiking, and wading across a shallow stream on this fun adventure! Meet at the trailhead in the day use parking lot.

Info.: (707) 847-3245

CALIFORNIA COASTAL CLEANUP DAY

Saturday, September 15 • 9AM-12PM
**Doran Beach, Steelhead Beach, Sunset
Beach, Maxwell Farms, Larson Park, &
Gualala Point Regional Park**

John Ryan

Be a part of an international movement with millions of people who have joined world's biggest volunteer effort to protect our oceans. You can make a difference locally by removing trash from beaches, rivers, and creeks that you love with Regional Parks and other partners for the annual California Coastal Cleanup.

Info.: (707) 565-3356


FALL IS IN THE AIR

NATURE HEALS

NATURE PHOTOGRAPHY EXPEDITIONS

Sunday, September 9 • 9AM-1PM**Helen Putnam Regional Park** *Gustavo Vasquez*

Get outdoors, be creative and use photography as a form of meditation. Talk to a pro about how to effectively use your camera for outdoor exploration, and share why this art form is a healing practice. This outing will go over traditional film photography, digital photography as well as touch on instant photography. Each day we will visit a different ecosystem during short hikes. All levels welcome!

September 9 - Helen Putnam Regional Park **September 30 - Stillwater Cove Regional Park** **November 4 - Sonoma Valley Regional Park** 

Fee \$15



Registration Required

Info.: (707) 565-1246

PEOPLE'S YOGA POP-UPS

Tuesday, September 11 • 6-7:30PM**Pinnacle Gulch Coastal Access Trail***Christina McGuirk*

Do you need to unwind after your workday or release stress? Join us for this rejuvenating yoga practice in nature and flow into your evening relaxed and refreshed. Yoga is for everyone – all levels are welcome. Limited mats are available for loan. Class at Pinnacle Gulch will include a 1-mile hike with a moderate grade to arrive at our designated spot.

September 11 • 6-7:30PM**Pinnacle Gulch Coastal Access Trail****September 27 • 6-7PM****Doran Regional Park - Cypress Day-Use** **October 30 • 5:30-6:30PM****Tolay Lake Regional Park** **November 7 • 4:30-5:30PM****Ragle Ranch Regional Park** **November 15 • 4-5PM****Maxwell Farms Regional Park** 

Info.: (707) 789-9699

WOMEN'S CREATIVITY WALK

Sunday, September 30 & Saturday, October 27 • 10AM-12PM**Shiloh Ranch Regional Park** *Catrina Walker*

Welcoming women of all ages to engage in a creative learning process that explores intimate connections with nature through analogy. Join us as we explore plant and animal life, share discoveries, and stroll along some of the county's most beautiful trails. This will be an intermediate level, 1-3 mile hike with some elevation change.

Info.: (707) 539-2865



FAMILY HIKES

**Saturdays, September 15 & November 17
1-2PM & 3-4PM****Spring Lake Regional Park -****Environmental Discovery Center**  *Regional Parks Staff*

Explore the park in your own backyard while learning about the plants and animals of Spring Lake Park and our community. Join us for these short, family friendly hikes and participate in a citizen science project along the way. This is an easy 1-mile round trip walk. Programs start on the hour at 1PM and 3PM.

Info.: (707) 539-2865

MAKING AN IMPRESSION:
FALL ECO PRINT WORKSHOP & WALK**Sunday, September 16 • 9AM-2PM****Laguna de Santa Rosa Foundation***Regional Parks & Laguna Foundation Staff*

Learn to capture the colors and shapes of nature! Identify local leaves, fruits and flowers great for eco-printing in fall. Create your own unique and naturally designed silk scarf or bandana to celebrate this colorful season. All materials provided. Bring a picnic lunch.

Fee: \$15

Registration Required:

lagunafoundation.org

Info.: (707) 527-9277 x110

RETURN OF THE SWIFTS

Tuesday, September 18 • 6:30-8PM**Healdsburg Veterans Memorial Beach**  *Dave LaCasse & Meagan Horeczko*

Celebrate the winged wonders that makes the Russian River their migratory stopover, the Vaux's swifts. These birds come annually to a Healdsburg location in the thousands each year, and provide a spectacular twilight show as the return to their roosting site for rest. We will begin this festive occasion with an overview and then caravan to the site. Please bring a lawn chair, binoculars, and layered clothing for the chilly riverside evening.

Info.: (707) 539-2865

COMMUNITY WORK DAY & PICNIC

**Saturdays, September 22 & November 10
10AM-1PM**

Andy's Unity Park 

Irma Cuevas & John Ryan

Help make Andy's Unity Park even more beautiful with the entire family. Volunteer to weed, mulch, plant, and maintain the landscape. Hands-on workdays are a perfect way to meet your neighbors, make new friends, and foster a connection to our newest park. Support your neighborhood park and stay for the carne asada!

Info.: (707) 565-7888

FAMILY FARM CHORES

**Sundays, September 23 & November 4
8:30-10:30AM**

Tolay Lake Regional Park 

Regional Parks Staff

Do you have children who love animals? Need a goat fix? Always wanted your own a horse? Come help feed our goats, chickens, and resident superstar, Pete, the mini horse. Collect eggs, clean pens, and participate in the daily routine to care for our farm animals. All ages welcome.

Registration Required

Info.: (707) 789-9699



JUNIOR RANGER PROGRAM

Calling all nature lovin' kids! Checkout this interactive program where youth grow their outdoor skills and stewardship of the earth. Youth ages 7-13 will have the opportunity to explore our county's parks with a different ranger each month. Bring a snack, sunscreen, weather appropriate clothing, and wear comfortable footwear. Sorry, adults, kids only!

NATURAL EXPLORATION: STEELHEAD STREAMS

Friday, September 28 • 4-6PM - Stillwater Cove Regional Park 

Ranger Carson

Learn about the steelhead trout that live in our local streams. Then, take a short walk along the creek and test your ability to spot these elusive fish. Meet in the Day Use parking lot. *Fee: \$5*

SKILL BUILDING: SURVIVING THE WILDERNESS

Wednesday, October 10 • 4-6PM - Riverfront Regional Park  

Ranger Ryan

Learn handy wilderness first aid skills to keep you safe during your outdoor adventures. Do you know how to build a splint with only the things you find around you? You will after this program! *Fee: \$5*

SKILL BUILDING: TRAIL ETHICS & SAFETY

Saturday, November 10 • 1-3:30PM - Helen Putnam Regional Park 

Alexis Puerto-Holmes

Regardless if you're a beginner hiker or avid camper this informative 2 ½ mile hike will give anyone the courage to venture further into our parks. While hiking we will take frequent breaks to go over Leave No Trace Principles, tips for safety in inclement weather, plants and animals to avoid, and go over outdoor injury prevention. *Fee: \$5*

NATURAL EXPLORATION: BEING A SEA STEWARD

Saturday, November 17 • 1-3PM - Doran Regional Park - Cypress Day Use lot 

Ranger Gabe

Are you a friend of the ocean? Help with a beach cleanup, and then explore the tide pools. *Fee: \$5*

For participants to earn their official SCRP Junior Ranger badge and certification, youth must complete the Junior Ranger Passport which consists of earning two patches and attending two service day events. The skill building or natural exploration patches are earned by attending two of our Junior Ranger programs that fall under that classification.

Registration Required | Info.: (707) 565-2041

LAGUNA WATERSHED PERSPECTIVES HIKE

Sunday, September 23 • 9AM-12PM

Shiloh Ranch Regional Park  

Regional Parks & Laguna Foundation Staff

How is Shiloh Ranch connected to the Laguna de Santa Rosa? Discover local flora, fauna and watershed connectivity on this 5-mile (round-trip) hike for the answer. Fee: \$10 (includes parking)

Registration Required:

lagunafoundation.org

Info.: (707) 527-9277 x110

KAYAK AVENTURA



Sunday, September 23 • 12-2PM

Spring Lake Regional Park 

Alexis Puerto-Holmes

Have you ever wanted to try kayaking? Now is your chance! Join us for an introduction to kayaking where we'll talk about safety, how to prepare, and, of course, kayak. See Spring Lake from a completely different perspective on the water. This will be a bilingual program (Spanish/English).

Fee: \$10

Registration Required

Info.: (707) 565-1246

WINGING IT WEDNESDAYS

**Wednesday, September 26
8:30-10:30AM**

Bird Walk Coastal Access Trail  

Dave LaCasse & Park Volunteers

Fly by with the birds along the Pacific Flyway...fall migration is underway! Enjoy leisurely bird walks for all levels of experience on the last Wednesday of every month. These outings are designed especially for older adults and their friends to enjoy nature and each other's company. Bring your own binoculars or borrow ours. Carpooling is encouraged.

September 26 - Bird Walk Coastal Access Trail  

October 31 - Maxwell Farms Regional Park 

November 28 - Laguna de Santa Rosa Trail - Highway 12 Entrance 

Info.: (707) 565-2041

UNDER THE STARS: LATINO FAMILY CAMPOUT

Friday, September 28 4PM to Sunday, September 30 2PM

Spring Lake Regional Park  

Irma Cuevas & Alexis Puerto-Holmes

Join Sonoma County Regional Parks and REI for an overnight camping experience for the whole family! Our fun will include a salsa contest, games, recreational activities, and a night hike. Celebrate the beginning of fall under the stars and the company of other great families. Meals will be potluck style, please contact us for more details. New campers welcome! This will be a bilingual program (Spanish/English). Space limited.

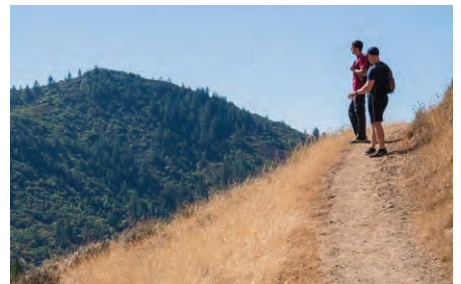
Fee: Sliding Scale \$5-\$15 per person or \$35 for a family of 5 or more (includes parking)

Registration Required

Info.: (707) 565-7888 or email

irma.cuevas@sonoma-county.org

SUGAR-HOOD SHUTTLE



Saturdays & Sundays, October 6 & 7, October 20 & 21 • 9AM - 12PM

Hood Mountain - Pythian/Sugarloaf State Park 

Team Sugarloaf

Do you want to do a through hike from Hood Mountain to Sugarloaf or vice versa? Ride the Sugar-Hood Shuttle. Shuttles leave Hood Mountain's Pythian parking lot at 9:30AM, 10:30AM, and 11:30AM and from Sugarloaf's Visitor Center at 9AM, 10AM, and 11AM. Riding first and hiking back to your car is the easiest way- no worries about how long you take to finish your adventure.

Suggested donation: \$10

Registration Required: sugarloafpark.org

Info.: (707) 833-5712 or sugarloafpark.org

WILDFIRE ANNIVERSARY EVENT: COMMUNITY HEALING TOGETHER

Saturday, October 6 • 11AM-2PM

Shiloh Ranch Regional Park  

Regional Parks Staff & Community Partners

Surround yourself with artistic expression focused on your well-being and community connectedness in a natural setting. Reflect on the 2017 wildfires one year later by witnessing the regenerative landscape and societal resiliency. This event will have art activities, musical performances, guided hikes, and food for all ages to enjoy.

Info.: (707) 565-2041

SCIENCE SATURDAYS

**Saturdays, October 6 & November 3
1-4PM**

**Spring Lake Regional Park -
Environmental Discovery Center**  

Ellie Muelrath

Embrace your inner scientist and discover the wonders of environmental and physical science! Drop-in for these free presentations and interactive experiments the first Saturday of every month beginning on the hour at 1PM, 2PM, and 3PM. All ages welcome.

October 6 - Spooktacular Science. Come celebrate the season of tricks and treats with activities that include glowing jack-o-lanterns, flying ghosts, and more! Hands on crafts and experiments will have a silly (not scary) Halloween theme.

November 3 - The Art of Autumn. Capture the beauty of the autumn leaves in this introductory printmaking class. Participants will have a chance to explore a variety of printmaking techniques and take home their very own printed masterpiece.

Info.: (707) 539-2865

ECO-ACCESS HIKES

Sunday, October 7 • 11AM-1PM

**Spring Lake Regional Park - Violetti
Entrance**  

Alexis Puerto-Holmes

Get outdoors for an accessible hike for folks of all abilities and ages. At Spring Lake, we'll learn about the mysterious lives of dragonflies while exploring a riparian eco-system. At Cloverdale River Park, we'll learn the importance of the Russian River and its special status species. Bring a dish for a potluck style lunch.

**October 7 - Spring Lake Regional Park -
Violetti Entrance**  

November 11 - Cloverdale River Park  

Info.: (707) 565-2041

INTERACTIVE STORY TIME & ART

Friday, October 12 • 5:30-7PM

Andy's Unity Park 

Irma Cuevas

Join us at our newest park in the Moorland neighborhood for art and interactive stories outdoors. Indulge in a book, ignite your imagination and get your creative juices flowing! All ages welcome, and children ages 10 and younger must be accompanied by an adult. Bring a potluck dish to share. This will be a bilingual program (Spanish/English).

Info.: (707) 565-7888

TIDE POOL WILDERNESS EXPLORATION

Wednesday, October 24 • 4-6:30PM

Pinnacle Gulch Coastal Access Trail

Kristina Stanton

Sonoma County has one of the most biodiverse coastlines in the nation. Get a glimpse into the marvelous underwater wilderness with a mile roundtrip walk to the ocean, tide pool exploration and a scavenger hunt as the sun sets slowly along the horizon. Anemones? Sea urchins? Sea stars? See what awaits you in the rocky and wonderful world!

Registration Required

Info.: (707) 539-2865



TOLAY FALL FESTIVAL



• **Saturday & Sunday, October 13 & 14**

• **Saturday & Sunday, October 20 & 21**

11AM-5PM | Tolay Lake Regional Park  

More than just a pumpkin patch, the Tolay Fall Festival is a seasonal celebration of the beauty and history of this special place. The festival's family-oriented activities are hands-on and educational by design with music, games, crafts, food, hayrides, and pumpkins, of course!

Info.: (707) 565-2041



SUGAR SHUTTLE: NORTH SONOMA - JACK LONDON

**Saturdays & Sundays, October 27 & 28,
November 10 & 11 • 9AM-12PM**

**North Sonoma Mountain/Jack London
State Park** 

Team Sugarloaf

The Sugar Shuttle will take you to locations where heights abound and you never have to turn around. Join Team Sugarloaf for a ride from your car so you can “through” hike North Sonoma Mountain to Jack London, or vice versa. Shuttles leave North Sonoma Mountain every hour from 9AM-12PM and Jack London’s upper lot every hour from 9:30-11:30AM.

Suggested donation: \$10

Registration Required: sugarloafpark.org

Info.: (707) 833-5712 or sugarloafpark.org

NOCTURNAL WONDERLAND

Saturday, October 27 • 5:30-7:30PM

Spring Lake Regional Park  

Meagan Horeczko

Discover the animals of Spring Lake who come to life after the sun sets. Bats? Owls? Coyotes? Who knows what we will find! Bring a flashlight and dress in layers for this 2-3 mile walk. Meet at Shady Oaks Picnic Area.

Registration Required

Info.: (707) 539-2865



ANIMAL SIGNS AND HOMES

Sunday, October 28 • 10AM-12PM

Sunset Beach Regional Park 

Shelly Spriggs

Can you imagine life as a wild animal? Where might you sleep? What might you eat? Unravel the mysteries of wildlife by uncovering the clues they leave behind on this fun and interactive 1-2 mile hike for 5-12 year olds accompanied by an adult.

Info.: (707) 483-0940

SKULLS AND THEIR STORIES

Sunday, October 28 • 2-4PM

Riverfront Regional Park 

Shelly Spriggs

Trackers meet up! What animals can be found in our local river side habitats? Learn to read skulls and discover their stories. Uncover fascinating facts about the life, history and ecology of local animal species. Enjoy an easy 1-mile walk to search for tracks, scat, and other animal signs.

Info.: (707) 483-0940

DAY OF THE DEAD AT THE PARK

Friday, November 2 • 5:30-7:30PM

Andy's Unity Park 

Irma Cuevas and Alexis Puerto-Holmes

Calling all artists of all levels! Day of the Dead or Día de los Muertos celebrated in Mexico as well as in the United States and is a celebration of friends and family members who have passed on. We will create a Day of the Dead themed art project with supplies included. Meet at the gazebo. Bring as potluck dish to share. This will be a bilingual program (Spanish/English).

Info.: (707) 565-7888

FOLKLORE CAMPFIRE PROGRAM

Saturday, November 3 • 5:30-7:30PM

**Spring Lake Park Group Camp -
Newanga Entrance**  

Irma Cuevas

Celebrate the beginning of fall under the night sky in the company of other great families! Drop by for folklore stories about nature and La Catrina, a twilight walk, and gather around a warm fire for s'mores! Bring poems, songs, and stories to share. This will be a bilingual program (Spanish/English).

Info.: (707) 565-7888

RAPTOR MADNESS



Saturday, November 10 • 9AM-12PM

Tolay Lake Regional Park  

Shelly Spriggs

What is a raptor? What do they eat? Young scientists and their families will find out by looking for raptors and dissecting pellets coughed-up by local species on this flat, 2-mile hike. Fun for all ages!

Info.: (707) 483-0940

LIFE UNDER A LOG

Saturday, November 10 • 2-4PM

Crane Creek Regional Park 

Shelly Spriggs

Can you imagine living under a dark, damp fallen tree? Who would your neighbors be? Get up-close and personal with these critters on a flat 1-2 mile walk investigating the micro-habitat of Crane Creek. Interactive stories, games, and investigations included for children ages 5-12 accompanied by an adult.

Info.: (707) 483-0940

SUNSET SEAWEED WALK

Saturday, November 10 • 5-6:30PM

Stillwater Cove Regional Park 

Marcia Munson

Come to the beach for this minus tide. Learn about the seaweeds that form the bottom of the ocean food chain. Meet some of the animals who rely on seaweed for survival. Wear shoes sturdy enough to walk a mile that you don't mind getting wet. Meet at the trailhead in the day use parking lot. Bring a flashlight!

Info.: (707) 847-3245

TURKEY TALES

Sunday, November 18 • 10AM-12PM

Helen Putnam Regional Park 

Meagan Horeczko

Turkey – they're not just the center piece at a holiday feast. Explore the myths and lore about our famous feathered friends, while practicing our turkey calls on this easy 2-mile walk.

Info.: (707) 539-2865

THANKSGIVING WEEK DAY CAMP

**Monday & Tuesday, November 19 & 20
9AM-3PM**

**Spring Lake Regional Park -
Environmental Discovery Center**

Regional Parks Staff

Join park staff for crafts, nature, and fun! Campers will hike, create art, play games, and hear stories of the harvest. Each camper will create a nature-themed craft perfect for holiday gift giving. Sign up for one day or both days! Ages 6-11 welcome!

Registration Required

Fee: \$40 per day

Info.: (707) 539-2865

JOIN NOW

AT SONOMACOUNTYPARKS.ORG!

REGIONAL PARKS MEMBERS

GET A YEAR OF FREE PARKING

+ A FREE NIGHT OF CAMPING

+ FESTIVAL ADMISSION

SONOMA COUNTY REGIONAL PARKS
2300 County Center Drive, Suite 120A
Santa Rosa, California 95403

OFFICE HOURS:

Monday- Friday, 8AM-5PM

Phone: (707) 565-2041

Email: parks@sonoma-county.org

Reserve a Campsite:

book online at sonomacountyparks.org

Visit us at SONOMACOUNTYPARKS.ORG

